

VALUED
VIRTUES

DO YOU
HAVE AN...

ATTITUDE?

OF COURSE
YOU DO!

WE ALL HAVE
ATTITUDE.

You probably have certain opinions
or feelings about situations, things,
or even people.

ONE DEFINITION
OF ATTITUDE IS "A
POSTURE OR POSITION
EXPRESSING SOME
THOUGHT OR FEELING."¹

THIS LESSON
COULD BE
INTERESTING...

UGH! THIS
CLASSROOM
IS DINGY.

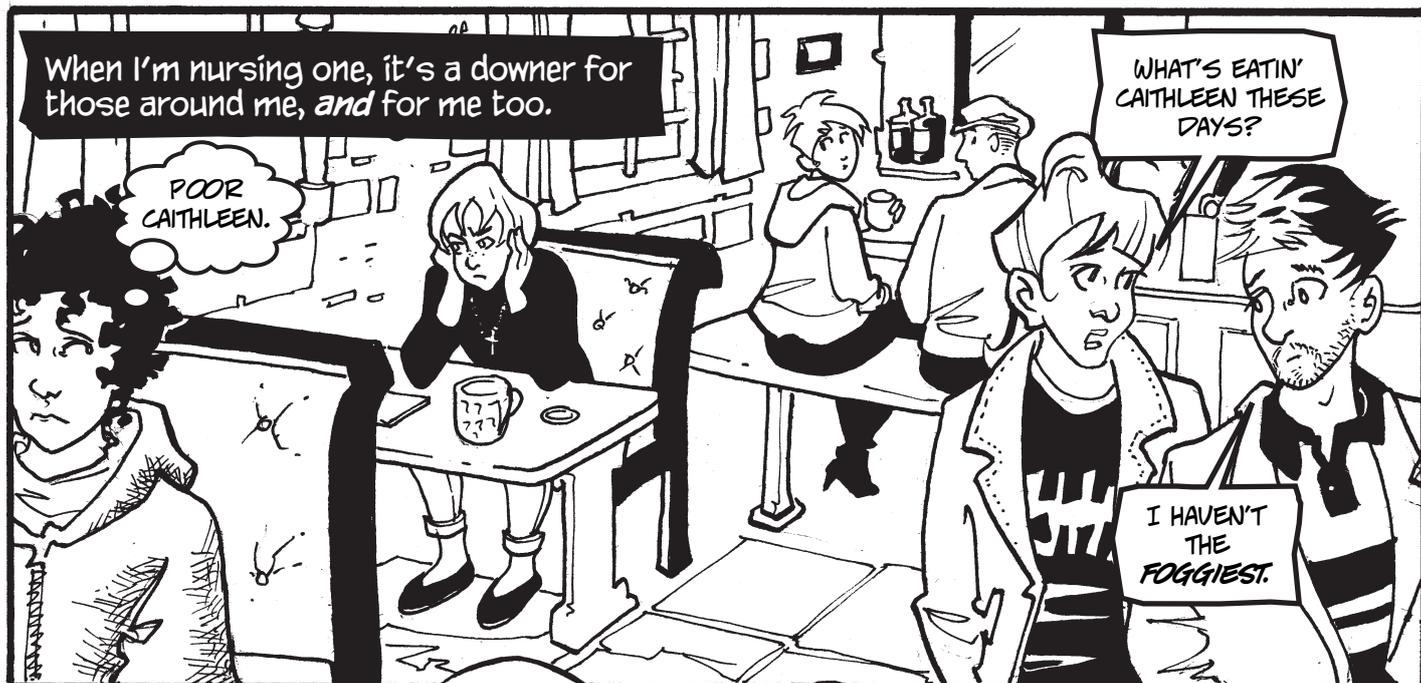
SHE'S
WEARING A
CROSS, SO
SHE MUST BE
CATHOLIC...

¹ Chambers
Dictionary

THE
CHAMBERS
DICTIONARY

CHAMBERS
DICTIONARY

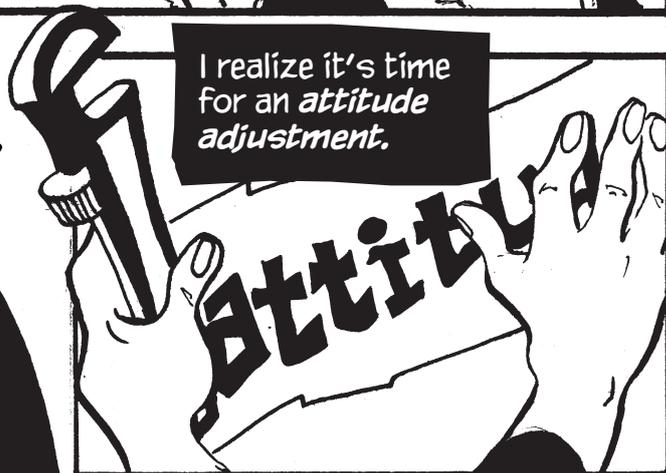
You have a *good* attitude if your views and moods have a positive outcome. Most negative attitudes are not fun.



So what do I do when I'm angry with, frustrated about, or feel strongly about something and get argumentative?



I realize it's time for an *attitude adjustment*.



This means modifying *my* attitude rather than expecting those I'm angry or frustrated with to change.

It is time to "shape up" rather than allowing myself to get bent out of shape.



It is time for more flexibility on my part.



It is time to view the issue as a challenge, not a roadblock.

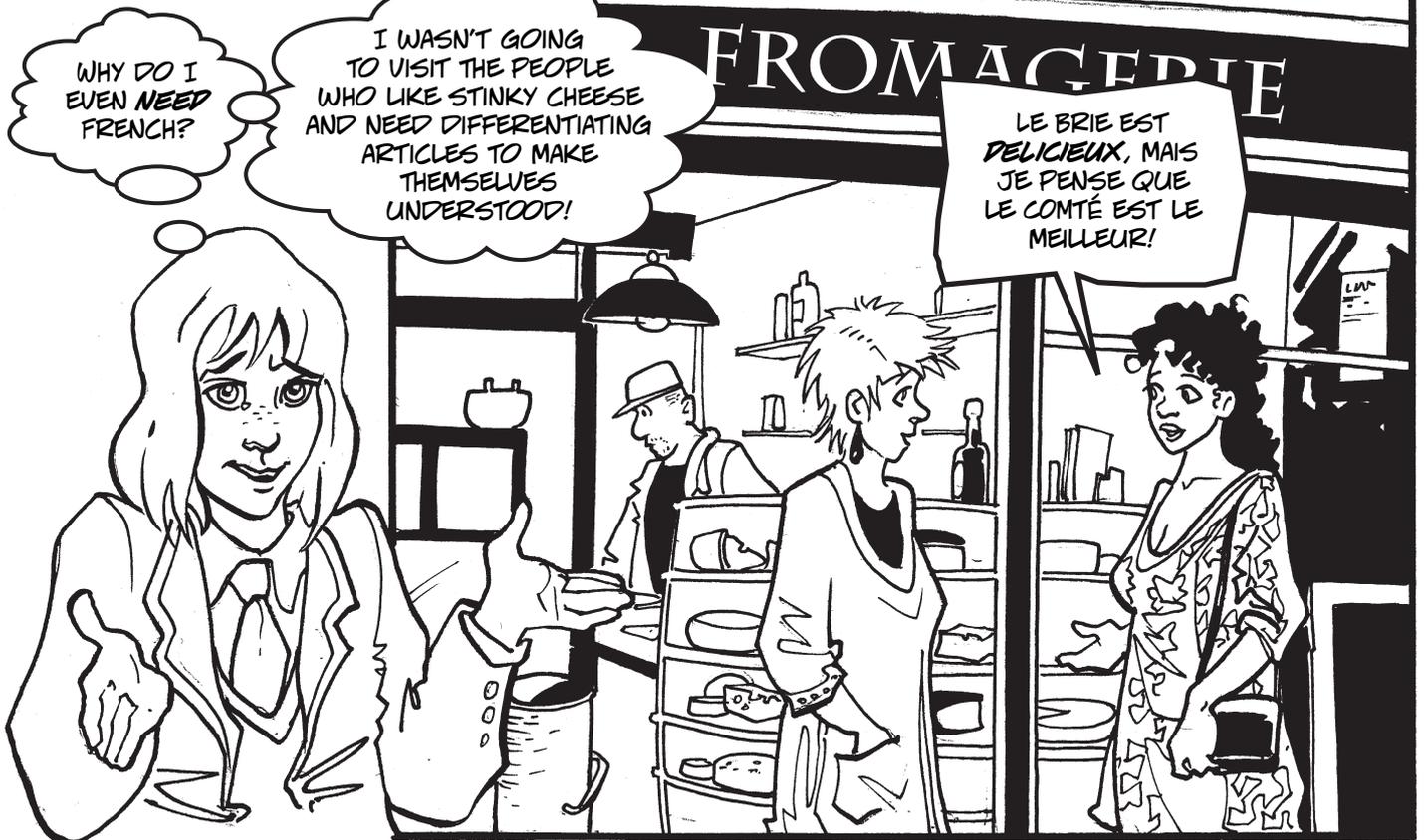
During my school years, one of the subjects I was studying made me feel all these things: upset, angry, frustrated, and very opinionated.



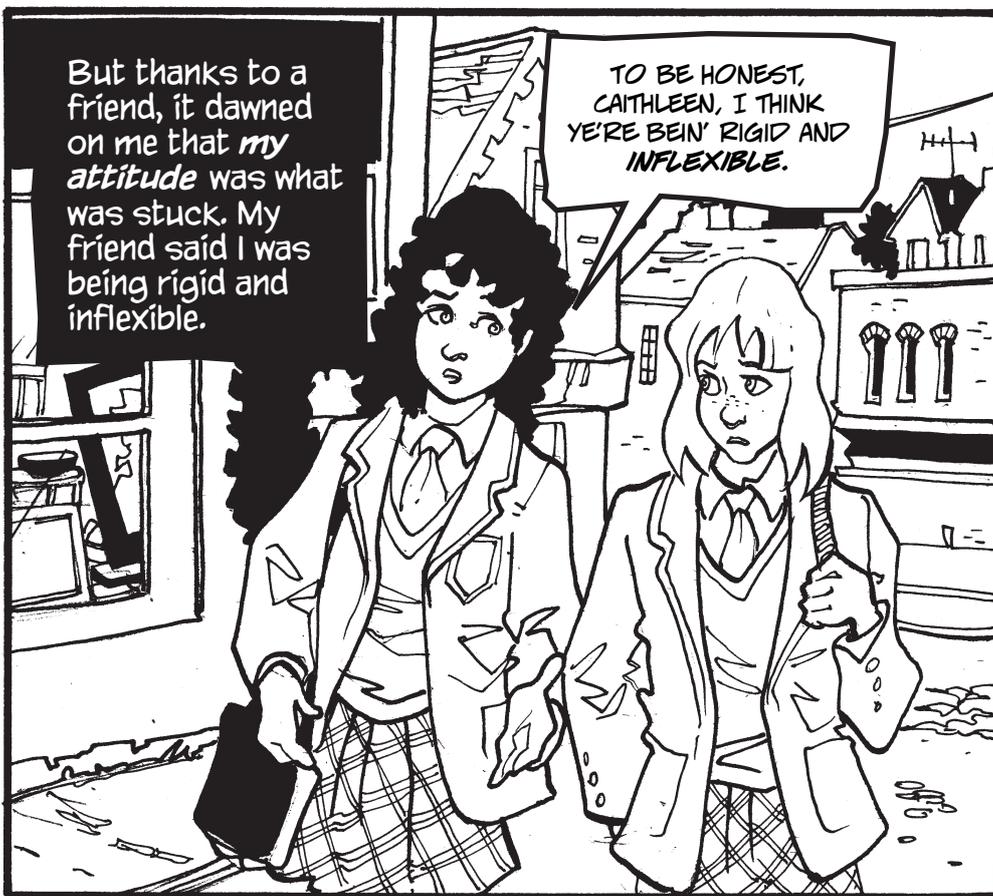
She even failed me in the year-end exam.



Besides, I thought...



I was miserable and felt *stuck* with that teacher and the subject.

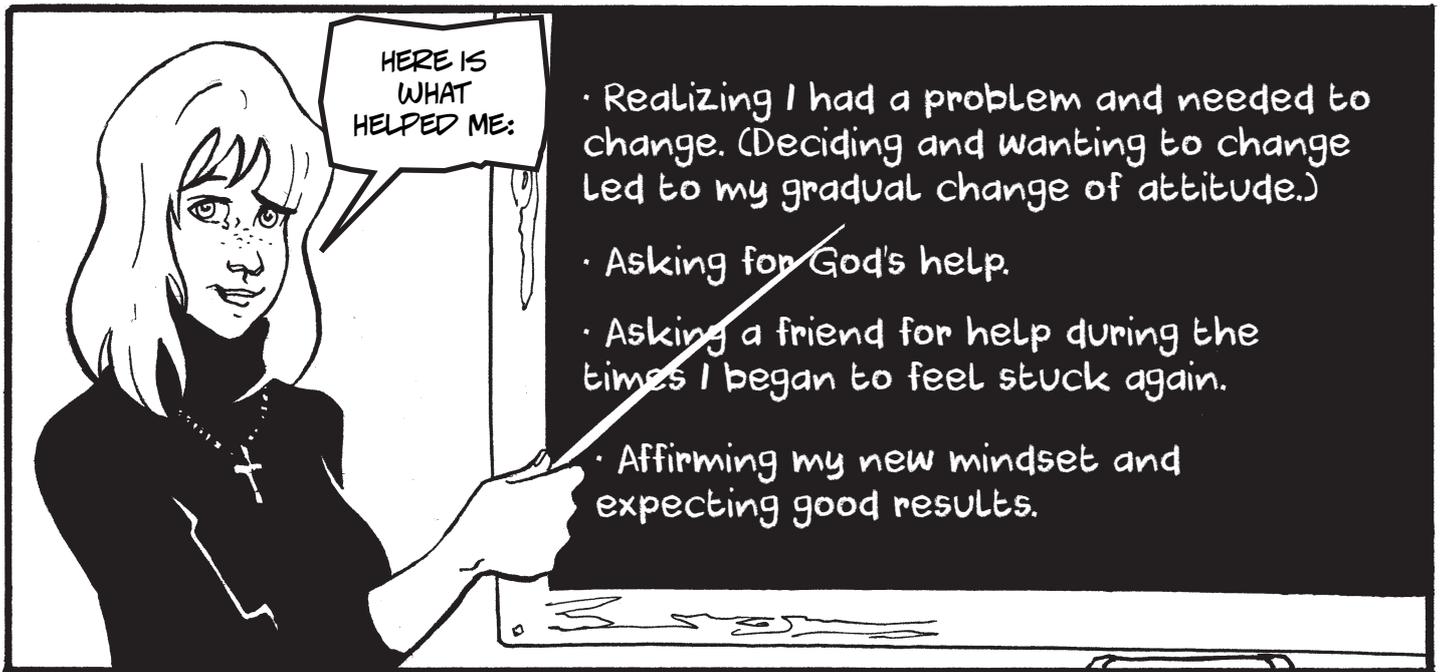


Ouch! That hurt, but it was true.



To become "unstuck," I needed to think and do things differently, and I learned that being flexible meant being open to change.

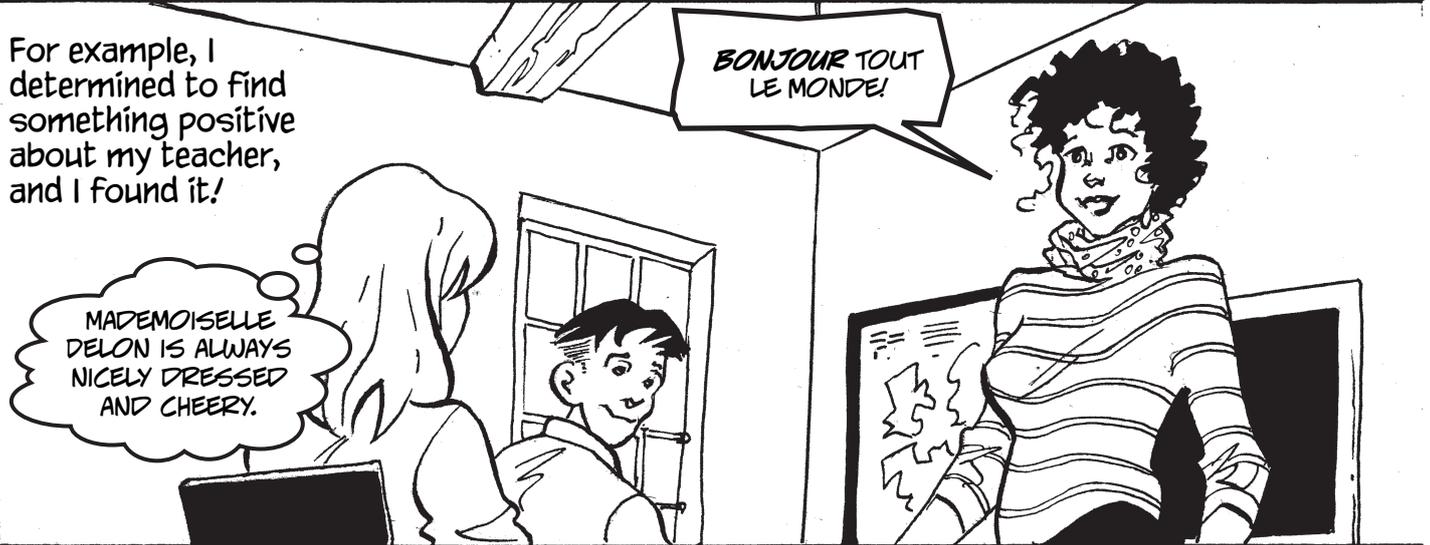
My change of attitude didn't come overnight; it took effort.



HERE IS WHAT HELPED ME:

- Realizing I had a problem and needed to change. (Deciding and wanting to change led to my gradual change of attitude.)
- Asking for God's help.
- Asking a friend for help during the times I began to feel stuck again.
- Affirming my new mindset and expecting good results.

For example, I determined to find something positive about my teacher, and I found it!



BONJOUR TOUT LE MONDE!

MADemoiselle DELON IS ALWAYS NICELY DRESSED AND CHEERY.



YOU'RE RIGHT, DAD. FRENCH SOUNDS SO BEAUTIFUL. ESPECIALLY BEING SUNG LIKE THIS.

JE T'AIME, JE T'ADORE! TU ES TRÈS BELLE...

- Looking for ways to increase my interest in the subject I'm struggling with.

And guess what? My test marks improved!



What the Bible Says:

"But now, O LORD, thou art our father; we are the clay, and thou our potter; and we all are the work of thy hand" (Isaiah 64:8 KJV).

"For it is God which worketh in you both to will and to do of his good pleasure" (Philippians 2:13 KJV).